

# Can I Have And Do It All, Please?

Christine Caine

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More than ever before, women are navigating through increasing amounts of responsibility, activity, scheduling and multi-tasking...and we need some answers about how to have and do it all in life!

For years, we as women have been told we can have it all, be it all and do it all. Inevitably, we too have aggressively set out on a pursuit to achieve this utopian "all." We roll up our sleeves in true "Rosie the Riveter" style (to reveal our femininely chiseled arms of course) and belt out the lyrics to "I Am Woman Hear Me Roar" in our best Helen Reddy voice.

We get up one hour earlier to exercise, another hour earlier to get the kids ready and packed for school and yet another hour before that to pray. We are consummate organizers, jugglers and problem solvers as we manage husbands, children, church commitments, friendships, finances, groceries, mealtimes, child taxi service, quiet time with God and whatever else is on the agenda.

Then, we go to bed one hour later to ensure the house is tidy, or another hour later to read a chapter of the latest best seller and another hour later to have time with our husband. It almost gets to the point where we should forego sleep altogether because the moment our head touches the pillow, it's time to rise and shine.

Sound familiar? Well, this book is for every woman looking for answers on how to truly have (and do) it all!



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